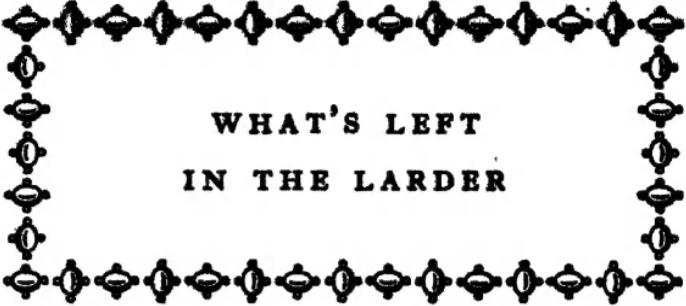


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WHAT'S LEFT
IN THE LARDER

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AMBROSE HEATH

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**WHAT'S LEFT
IN THE LARDER**

**BY
AMBROSE HEATH**



NICHOLSON AND WATSON



TO
POO
WITH LOVE

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AUTHOR'S PREFACE

The almost empty larder, empty not from necessity but from good management, is nowadays a counsel of perfection, and I suspect that most meals are concocted after an examination of what is left-over. To give some help in solving the problem of their utilization, this book has been compiled. It is not intended to be an emergency recipe book, but simply one which will offer some guidance on what, beyond the ordinary, well-known dishes, can be done easily and temptingly with those remnants with which even the most provident cook is faced. I have ignored the usual sorts of dish, like Shepherd's Pie or eggs on mince, those twin strongholds of the unimaginative; but it may be as well to outline very briefly three general ways of disposing of left-overs by means of a basic recipe and suggestions for their use.

The most obvious way of using up these remains, apart from eating them cold, is to mix them with a sauce of some sort. They can then be used in scollops, in pancakes, to stuff potatoes or other vegetables such as onions and turnips, or the mixture when cold can be used as croquettes or rissoles or fritters. The sauce for binding the meat together may be of many varied flavours, and certain other ingredients, such as mushrooms, beside the meat or fish; but it always adheres to one simple recipe, the recipe for a *panada*, as it is called. This is:

$\frac{1}{2}$ oz. butter

$\frac{1}{2}$ oz. flour

1 gill of liquid (milk, stock, gravy, etc.) for each half-pound of *meat*.

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It is generally found advisable to decrease the amount of liquid by approximately *half* in the case of *fish*. In the case of very dry meat possibly more than a gill of liquid will be required. The *panada* should be well-flavoured and seasoned, as cooked meat is apt to be rather insipid. As a matter of fact it might truly be said that the success of nearly all re-heated foods depends upon the flavouring of the *panada* or sauce employed.

Another easy way of "doing-up" left-overs is to incorporate them either in an omelette or with scrambled egg. These two methods are too well-known to need description here.

A third way is to incorporate them in a savoury rice, the two most common forms of this being the pilaff and the kedgerree. The latter is generally made with plainly boiled rice in this country, but if the rice is cooked in the following manner and fish stock used instead of meat stock a far more exciting and savoury kedgerree will ensue. In the case of the savoury rice, the meat or fish is cut into little pieces, these are warmed in a little butter or margarine and mixed carefully with the rice at the last moment. Here again the success of the rice depends upon the flavour of the stock, other flavourings such as a touch of curry powder or of saffron being added at the cook's discretion. Here, then, is the simple recipe:

SAVOURY RICE

Allow about a handful of Carolina (not Patna) rice for each person. Melt a little fat in a stewpan, fry a little chopped onion in it without burning, then add

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the rice and let it fry without browning until the rice is affected all over. (It is here that you could add your curry powder, etc., if you wanted to.) Now pour in twice as much hot stock or thin gravy as there is rice, bring to the boil, season, put on the lid, and cook in a moderate oven for twenty minutes, when the rice should be done and all the liquid absorbed. Do not interfere with the rice while it is cooking, but as soon as it is ready, stir it very lightly with a fork, so as to separate the grains, and turn it out at once into a hot dish, as it will go on cooking in the pan and spoil.

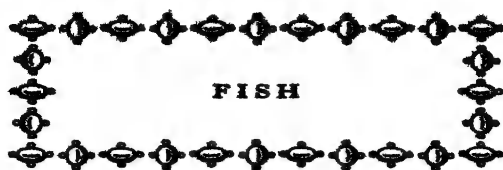
There is one other simple and often very popular way with these left-overs, and that is to curry them. I know that what I am going to write is a short-cut and heresy to the true curry-lover, but so many things can be warmed up in a good curry sauce that I have no hesitation in giving here the recipe for one other I have always found excellent:

CURRY SAUCE

Fry a couple of small onions, finely sliced, in two ounces of butter or margarine, adding (if you take my advice) a clove or half a clove of garlic. Stir in a tablespoonful of good curry powder, and season with a little salt. Now add half a pound of peeled and quartered tomatoes, and enough water to make a thickish paste. Simmer this for a little while, and strain it. It is ready. If you like it thicker, add a little flour at the same time as the curry powder, and when you have warmed up your meat or fish or vegetables in it, finish at the last with a squeeze of lemon or lime.

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It has been almost impossible to avoid some apparent inconsistencies in the method of arrangement of the recipes, but I think the broad classifications, the alphabetical arrangement, and the index in which the recipes are listed under the particular "left-over" which one wishes to dispose of, should meet all eventualities.



FISH

FISH AND CURRIED RICE

Half a pound of cooked white fish must first be flaked up and mixed with a little white sauce flavoured with a touch of mustard. Meanwhile lightly brown a good dessertspoonful of chopped onion in butter or margarine; add a teacupful of Patna rice and a coffee-spoonful of curry powder. Add enough stock or water to cover the rice, and simmer with the lid on until the rice is done and the stock absorbed, which will take about twenty minutes. Then season with salt and mix with the fish. Dish this up in a surround of mashed potato, and brown quickly in the oven before serving. This is good, too, when made with cooked smoked haddock.

FISH CROQUETTES (*with cold porridge*)

Mix together some cold flaked white fish with some cooked oatmeal porridge (twice as much porridge as fish), and add a seasoning of salt, pepper and chopped parsley and lightly fried minced onions. Shape into croquettes, egg-and-breadcrumb and fry in bacon fat or good margarine.

FISH CUSTARDS (*white fish or salmon*)

Flake up six ounces of cooked fish rather coarsely, and season with salt and pepper. Beat an egg up in half a pint of milk, and butter some small dariole moulds well, sprinkling them afterwards with some finely minced parsley, if you like. Fill each of these

WHAT'S LEFT IN THE LARDER

two-thirds-full with the fish, nearly fill up with the egg and milk mixture, cover with buttered paper and steam in a covered baking pan for ten minutes or so. Turn out to serve hot or cold. If hot, pour a little sauce round them: if cold, some creamy Mayonnaise.

FISH PANCAKES (*white fish*) [1]

The simplest fish pancakes are those made by pounding up some cooked white fish, seasoning it well, mixing it with pancake batter, and frying small pancakes with it. Serve them immediately and hand melted butter into which you have squeezed a little lemon juice.

FISH PANCAKES [2]

More elaborately, thin unsweetened pancakes can be stuffed with the basic croquette mixture described on page 9. Any fish suitable for this mixture can be used, as well as sardines, and when the pancakes are cooked they may, if liked, be covered with a sauce or sprinkled with cheese (or both) and the dish browned quickly in the oven or under the grill. This is a very good way of making a small quantity of left-over fish go further.

FISH PIE (*with cheese*)

Fill a deep dish with alternate layers of cold, rather thickly sliced potatoes, and flaked cold fish, sprinkling every other layer with grated cheese. Make enough white sauce nearly to fill the dish, pour it in, and bake

FISH

the whole thing in a moderate oven until the top is browned. The sauce must be thin enough to percolate down between the layers, but not thin enough to be sloppy.

FISH PUDDING (*smoked haddock*)

Flake up the remains of your haddock finely, and mix with mashed potato to which you have added some butter or good margarine, milk and a beaten egg. Season with pepper. Turn the mixture into a shallow buttered fire-proof dish, criss-cross the top with a fork, and bake brown in the oven for half an hour. Grated cheese could be sprinkled on the top before baking, if liked.

FISH RISsoles

Make a croquette mixture with your left-over fish (see page 9), flavouring the sauce, if you like, with cheese. When the mixture is cold, wrap pieces of it in thin pastry, egg-and-breadcrumb them and fry them in deep fat.

Or, substitute crushed vermicelli for the bread-crumbs.

Or, simply gild them with egg, and bake them instead of frying them.

FISH ROLY-POLY

Make your suet-crust, using egg and some bread-crumbs in the making, roll it out, spread it with fine flakes of cold cooked and highly seasoned fish

WHAT'S LEFT IN THE LARDER

moistened with anchovy sauce, roll up, tie in a floured cloth, and boil for two hours.

FISH TARTLETS

Flake the cooked fish, mix it with a cheese sauce into which you have beaten an egg-yolk, fill some pastry-tartlets with this pleasant mixture, and bake in the usual way.

FISH TRIMMINGS

When buying filleted fish, make sure that the fishmonger sends you the trimmings. These boiled with onion, carrot and herbs, in the same way as a meat stock, will make delicious fish stock which can be used for sauces or a white fish soup.

FISH WITH BUTTERED CRUMBS

Quite the simplest and one of the nicest ways of 'doing-up' cold fish is to flake it fairly finely, mix the flakes with a little anchovy essence diluted, if you can manage it, with a drop of cream off the milk; to put the flakes into scallop-shells, cover them fairly thickly with buttered crumbs (see page 77), and bake *quickly* in the oven, so that the crumbs get golden before the fish gets dry.

HADDOCK CROQUETTES

Make fish cakes of the flaked cold fish, mashed potato and a little white sauce: fry them and serve

FISH

them in a curry sauce (page 11), which if possible you have enriched with a little cream.

White fish like cod, hake and whiting can be used in the same way.

MACKEREL SALAD

Cold grilled mackerel makes an excellent fish salad, when dressed with an ordinary French dressing (salt, pepper, vinegar and olive oil) or, better, with Mayonnaise sauce.

RICE, BOILED

Cold boiled rice may be used to give body to fishcakes. A so-called 'Japanese' fishcake, is made with boiled rice, cooked flaked fish and a beaten egg to bind. Shape into fat, round cakes and fry golden on each side in margarine or butter.

RICE, CURRIED, WITH FISH

See FISH AND CURRIED RICE (page 15).

SALMON CAKE

Cold boiled salmon can be happily eaten in this way—and made to go further, too. Flake up the fish and mix with half the amount of breadcrumbs, adding a dash of vinegar and a beaten egg or two, according to the amount of salmon left. Add also a seasoning of salt and freshly-ground black pepper, and put the mixture into a buttered pie-dish or pudding basin which you

WHAT'S LEFT IN THE LARDER

have sprinkled with breadcrumbs. Bake in a moderate oven for about half an hour, and turn out to serve.

SALMON FISHCAKES

Left-over tinned salmon makes very good fishcakes, if mixed with mashed potato and beaten egg. They can either be egg-and-breadcrumbed and fried, or dropped in spoonfuls in deep hot fat. A touch of curry powder is liked by some.

SALMON WITH CARROTS AND PEAS

This is unusual and interesting. Bone and skin the cold cooked salmon, and make some stock with the bones. Strain this, thicken with flour and butter, and add a little milk or cream. Boil in this sauce some young carrots cut in small pieces and some new green peas until they are tender, then add the salmon, heat it through without boiling, and serve very hot.

SKATE

Cold boiled skate makes an excellent fish salad. Dress with Mayonnaise sauce and add a few capers.

MEAT

MEAT

BAKED ROLLS (*cold meats or fish*)

An attractive way of using up 'left-over' fish or meat and making it go a good deal further, too. Get some small French rolls, and cut off the tops; scoop out the crumb and brush a little melted butter or good margarine over the inside. Brown them in the oven, with the buttered 'lid' as well. Fill them quickly with a croquette mixture (see page 9), white or brown, containing your 'left-over', heat well through in the oven, put on the top and serve at once.

BEEF, ROAST, HASH

See CORNED BEEF HASH (below), substituting roast beef.

BEEF, ROAST, SALAD

Cut the beef in thin slices, arrange them on a dish, pour over them an ordinary French dressing (salt, pepper, two parts olive oil and one part vinegar) to which you have added finely-chopped parsley and a finely chopped green pepper (capsicum). Garnish with lettuce, stoned olives and celery.

CORNED BEEF HASH

Dice some cold boiled potatoes, four or five should be enough, and mix them carefully with half a pound of shredded corned beef. Having melted three table-spoonfuls of good margarine or butter in a heavy

WHAT'S LEFT IN THE LARDER

frying-pan, add the beef and the potatoes with a breakfastcupful of milk or cream, and cook slowly on a low heat until the bottom browns, three-quarters of an hour will about do it, and by then the liquid should be absorbed. Then turn the cake out and fold to serve.

CORNED BEEF SCRAMBLE

Left-over corned beef should be roughly chopped, warmed through, and then have a beaten egg or two carefully mixed with it. Go on heating without actually frying, until the eggs 'scramble', then serve at once.

CORNED BEEF WITH EGGS

Chop up the corned beef, and let it heat through, but not burn, in a frying-pan with a little margarine. Then add a beaten egg for each breakfastcupful of the meat, and stir until well mixed and the egg cooked. A little tomato sauce may be added, if you like.

BRAWN, IMITATION

Simmer a pint of good stock with two sliced shallots or small onions, three cloves and a piece of thin lemon-rind, until flavoured by them. (The flavourings should be tied in a piece of butter-muslin to facilitate their removal.) Bring the stock then to the boil, shower in two ounces of semolina, and

MEAT

simmer until cooked. Now stir in half a pound of lean cold meat cut in small cubes, season to taste with salt and pepper and pour into a wetted mould. Serve cold with a green salad, decorating with pickled gherkins and beetroot.

CALF'S LIVER

See LIVER, GOOSE'S (page 35), substituting cold cooked calf's liver.

CHICKEN AND SWEET CORN

Interest and substance may be given to the remains of a chicken, if a breakfastcupful of the chopped bird is mixed with the same amount of tinned sweet corn, half that amount of breadcrumbs, half a pint of milk, a beaten egg and a seasoning of salt and pepper. Put the mixture into a greased baking-dish, sprinkle with breadcrumbs, dot with margarine or butter, and bake in a moderate oven until the top is nicely browned. Chopped or sliced and lightly fried mushrooms may be added to the mixture, if liked.

CHICKEN CARCASSES

These make excellent soup, if the bird has been roasted and not boiled. Get a few veal bones, or a calf's foot or a pig's trotter if you don't mind the slightly porky flavour, and boil them up with the chicken bones. Skim and add the usual 'pot herbs', i.e. onion, carrot, leek, parsley, thyme and bayleaf,

WHAT'S LEFT IN THE LARDER

and simmer on until you think all the goodness has been drawn from the meat. From this you will get an admirable jelly, which can be used as soup and in many other ways.

CHICKEN, DEVILLED

Warm through your pieces of cold chicken, and pour over them a mixture of a tablespoonful each of French mustard, Harvey's sauce and Worcester sauce, seasoned with salt and pepper and whisked with a breakfastcupful of cream. Mix well together to heat, and serve in a border of mashed potato or boiled rice. Cream made with milk and good unsalted margarine can be used for this dish.

CHICKEN, DEVILLED DRUMSTICKS

Another 'devil', this time American.

Three dessertspoonfuls of butter or margarine,

Three teaspoonfuls each of Chili sauce,

Worcester sauce, walnut ketchup,

One teaspoonful of made mustard,

A touch of cayenne pepper.

CHICKEN OR TURKEY, FRIED

The breast of cooked chicken, and the breast and slices from the legs of a turkey, can, as everyone knows, very pleasantly be egg-and-breadcrumbed and

MEAT

fried. This substitute for the plain breadcrumbs makes quite an exciting dish of it: lean ham or bacon chopped up finely with onion and parsley and mixed with an equal amount of breadcrumbs and a seasoning of grated lemon-rind and a pinch of curry powder. Beat an egg with a tablespoonful of olive oil, brush the meat over with this, roll in the mixture, and fry golden. Hand tomato sauce.

CHICKEN PANCAKES

Toss in butter or good margarine some small bits of cold cooked chicken seasoned with salt, pepper and a little paprika (this last may be omitted) and, in a separate pan, some mushrooms also cut up small. Bind the two together with a little cream or white sauce, and use this mixture to stuff small unsweetened pancakes made with a teacupful of flour, the same of milk, a whole egg and a teaspoonful of olive oil. Arrange the stuffed pancakes in a long dish, side by side, cover them with a light cheese sauce, bound with an egg-yolk if you can manage it, sprinkle with grated cheese, and brown quickly in the oven or under the grill.

CHICKEN PIE

You can make a rough (but extremely edible) chicken pie with the remains of a chicken. Cut it up in largish pieces off the bone and pack these in a pie-dish with pieces (but not too many: not enough to overwhelm the flavour of the chicken) of lean raw

WHAT'S LEFT IN THE LARDER

veal, quarters of hard-boiled egg, and, if you can get it, a little ham or bacon in small dice. Sprinkle as you go, with plenty of chopped parsley and, if you like, a little tarragon. You will meanwhile have made some good stock with the chicken carcass and, keeping some of this back for soup to-morrow, use the rest in the pie, seasoning it well with salt and pepper. Put on a beautiful lid of pastry, and bake in the oven in the usual manner. If you want the pie to go a long way, add a few small balls of veal forcemeat here and there.

CHICKEN SALAD

A simple salad with the remains of chicken can be made by mixing the diced chicken with some diced celery (and if you like apples), and letting them lie for a while in French dressing (salt, pepper, one part vinegar and two parts olive oil). Substance can be increased by the addition of cold boiled potatoes or cold macaroni.

CHICKEN STEW

See DUCK STEW (page 29), using chicken instead.

CHICKEN'S LIVER ROLLS (*Canapés Diane*)

A chicken's liver will make a pleasant savoury for two. Cut it in half, season with salt and a touch of cayenne pepper, roll each half in half a thin rasher of streaky bacon, and either grill or bake. Serve on toast.

MEAT

CHICKEN'S LIVER PILAFF

Make some SAVOURY RICE (page 10), and when ready to serve, mix lightly with it some roughly chopped fried chicken's liver.

DUCK, COLD

In summer, if you have any green peas over as well as the duck, make the peas into a smooth purée with a little cream, heap this up in the middle of the dish, and arrange the pieces of duck round it.

DUCK SALAD

Duck is rather a difficult bird to 'do up'. Let America come to your aid with a salad made with six parts diced cold duck, four parts diced oranges and one part diced celery. Toss lightly in Mayonnaise sauce, and serve garnished with lettuce leaves.

DUCK STEW

This simple and admirable dish can be used for goose, chicken and turkey as well as duck. Cut the remains into neat pieces, and brown them in a little fat, preferably duck or goose dripping. Take them out, and cook in the same fat two thinly sliced onions and a small rasher of bacon cut in little dice. Now add four skinned tomatoes without their pips and a bouquet of parsley, thyme and bay leaf. Pour in three breakfastcupfuls or so of water or stock, bring to the

WHAT'S LEFT IN THE LARDER

boil and cook for a quarter of an hour. (The stock or water should be salted and well seasoned with black pepper.) Now take out the bouquet, add the pieces of duck, and simmer for two hours. Serve as it is.

FRIKADELLER (*Pork or Veal*)

Mince up the cold pork, half fat and half lean, and having seasoned it well with salt, pepper and grated nutmeg, add some chopped parsley and mix the mince with twice its volume of mashed (preferably baked) potatoes. Bind with beaten egg, shape into flat round cakes, first fry them golden on each side, and finish cooking them in the oven. Serve with a somewhat sharp sauce like Piquante or Diable.

GAME CROQUETTES

See basic recipe on page 9, using any cold game and being careful to discard any skin. Ham or bacon and mushrooms may be added: brown sauce is to be preferred.

GAME SOUP

Remains of cold game can be used for making this soup, but remember that it will be wiser to remove any skin, as in some cases, e.g. in dark fleshed birds like ptarmigan, it will impart a bitter flavour. Melt a little butter or margarine in the pan, and put in the floured bits of the bird and fry until they are brown, with two slices of ham or bacon to give

MEAT

additional flavour. Then add two onions, a small head of celery and three quarts of well seasoned stock. Simmer gently and steadily for two hours, then strain the soup and pound up the meat from the bones with two ounces of breadcrumbs and two hard-boiled egg-yolks. Put this back into the strained liquid, boil up and serve.

GOOSE, DEVILLED

See DEVILLED TURKEY (page 42).

GOOSE STEW

See DUCK STEW (page 9), using goose instead.

HAM AND BEAN PIE

Mince finely a quarter of a pound of ham and an onion, and a tablespoonful of chopped parsley. Put in the bottom of a pie-dish a layer of the ham and onion mixed, pour over a gill of stock or water and add on top either a pint of well-seasoned cooked haricot or butter beans or a large tin of Heinz's baked beans. Sprinkle now with the chopped parsley, cover with a lid of short-crust pastry, and bake until the pastry is done.

HAM LOAVES

Chop up some cold remains of ham, and mix them (in the proportions you like) with mashed potato

WHAT'S LEFT IN THE LARDER

bound with egg, adding some chopped parsley and, if you like, a little paprika pepper. Shape this mixture into little loaves, gild them with beaten egg if you wish, and bake them until golden. They are quite good cold (when they are useful for picnics), but better when eaten hot.

HAM SANDWICH, HOT

Put the remains of the cooked ham (or bacon) through the mincing-machine, and add a little melted margarine or butter, and, if you like, a touch of mustard. Make sandwiches of this with bread-and-butter, and when they are done, dip them into a mixture of a teacupful of milk, a pinch of salt and a beaten egg, so that the bread soaks up a little of the custard on each side. Then fry the sandwiches a delicate brown in margarine, and serve at once.

HAM, SHREDDED

Melt half a tablespoonful of butter with a little more than half a teacupful of red currant jelly. Add a touch of cayenne pepper, a wineglassful of sherry and a breakfastcupful of ham cut in thin strips. Simmer for five minutes, and serve.

HARE PIE

There is generally some roast or jugged hare over: mince it up and mix with it an equal amount of lightly browned breadcrumbs. Take two breakfast-

MEAT

cupfuls of the mixture. Chop an onion finely and brown a teaspoonful of it in a little margarine, add a tablespoonful of flour and brown that too. Then add a good teacupful of gravy or sauce from the hare. Stir all smoothly together, season well and add the hare and breadcrumb mixture. Butter a shallow fire-proof dish, put in the hare, sprinkle with bread-crumbs, dot with margarine and brown in the oven. Red currant jelly will make an appearance again with it at the table.

LAMB, BARBECUED

Cut the cold roast lamb in slices, and warm it up in a sauce made with three dessertspoonfuls of melted butter, half a tablespoonful of vinegar, a quarter of a teaspoonful of mustard flour, salt, a touch of cayenne and half a teacupful of red or black currant jelly.

LAMB, FRIED

Season some slices of cold roast lamb, egg-and-breadcrumb them, and fry them in deep fat, quickly. Hand red currant jelly on serving them.

LAMB, ROAST, COLD

Warm up slices of cooked lamb in half a pint of brown sauce, or thick brown gravy, to which you have added a quarter of a teaspoonful each of mustard flour and curry powder.

WHAT'S LEFT IN THE LARDER

LAMB, COLD, SAUCE FOR

Season half a pint of the gravy from the joint of lamb with a quarter of a teaspoonful of mustard flour, the same of curry powder, a pinch of pepper and three good tablespoonfuls of red currant jelly. Heat this well through, and then add a small wine-glassful of sherry. Warm through the slices of cold lamb in this savoury sauce, and serve them with triangular croûtons of fried bread.

LAMB WITH CURRY, COLD

Coat slices of cold roast lamb with a thick curry sauce (see page 11). Let the sauce get cold and firm, trim the slices, and dish them round a heap of cold plainly cooked Patna rice.

LIVER AND OATMEAL PUDDING

A kind of haggis. Mince half a pound of cooked liver finely, and chop up four ounces of suet and two medium-sized onions. Melt an ounce of dripping in a pan, add the onions and fry them, and add a tea-cupful of medium oatmeal and fry golden brown. Mix together with the liver, suet and onions, and moisten with about a gill of stock, or a little flour. Press the mixture down into a greased pudding-basin, cover and steam for an hour and a half. A good thick gravy should be poured round it on serving.

MEAT

LIVER CAKES

Cold liver is always inclined to be dry, so put it through the mincer two or three times. In this case add a minced onion previously fried, and a slice or two of crustless bread soaked in milk and then squeezed. Season with salt, pepper, and chopped parsley, and either fry cakes of this as they are, or bind the mixture with a beaten egg before doing so.

LIVER, GOOSE'S

Soak two slices of crustless stale bread for five minutes in just enough milk to cover them, then add four slightly beaten eggs, three teaspoonfuls of chopped parsley, half a teaspoonful of salt and a little grated nutmeg. Mix well together and cook over a low heat in three dessertspoonfuls of butter, stirring all the time, until the mixture thickens. Now add a large chopped cooked goose's liver, and let the mixture cool. Shape it into balls, and cook these in hot stock, preferably made from the goose's giblets, for about half an hour. Then dish them, thicken the stock with butter and flour, and pour it over the balls to serve.

MEAT ROLY-POLY (*cold meats*)

Mince up some cold roast meat, adding a large minced onion for every four ounces of the meat. Season this well and spread it over your rolled-out

WHAT'S LEFT IN THE LARDER

suet crust. Roll up, tie in a cloth and boil for two hours.

MEAT SALAD, ALSATIAN

Cut cold, waxy potatoes into small cubes, and mix them with any or all of the following, having at least one each of meat, fish and other vegetable:—cold chicken, beef, lamb, veal, ham, bacon or tongue, all cut in cubes, anchovies or herrings in oil cut in dice, and beetroot, gherkins or perhaps green beans. Dress with olive oil, vinegar, salt (in moderation) and pepper an hour before serving, and sprinkle at the last minute with chopped onion and parsley.

MOCK TERRAPIN (*chicken or veal*)

This can be made with chicken or veal. Mix the diced meat with white sauce seasoned with a touch of cayenne pepper, add the chopped whites and yolks of hard-boiled eggs, and cook for two minutes. A dash of sherry may be added, if liked.

OXTAIL, GRILLED

If any braised oxtail is over, wipe the pieces as dry as you can of any sauce, dip them in crumbs, then in butter, then in more crumbs, and grill them gently.

They may be smeared first, if you like, with a little made mustard, preferably French.

MEAT

MEAT PANCAKES

See CHICKEN PANCAKES (page 27).

PORK CROQUETTES

Mince the remains of a joint of cold pork, using a good proportion of fat, and mince with them, if you can, a small piece of cooked ham or bacon (this is not essential, but it improves the flavour). Season with salt, a little nutmeg and plenty of freshly-ground black pepper, moisten with a little good stock and bind with a beaten egg. Shape lightly with floured hands into little flat round cakes, and fry them slowly on each side in a little lard or margarine until golden-brown. Eat them with some sweet pickle, like pickled plums, pears or peaches, or with bananas cut in halves lengthwise and fried. Failing these, try them with baked beans and tomato sauce.

PORK LOAF

Pork is notoriously difficult to 'do up', but this rather exotic-sounding American dish might be tried. It will get rid of some stale bread, too! Beat up two eggs in a gill of milk, stir in three-quarters of a *pint* of stale white breadcrumbs, and leave for half an hour. Now mix together three breakfastcupfuls of cold roast pork, two peeled and cored apples and a medium-sized onion, all of which you have put through the mincing-machine. Season with salt, pepper and a good pinch of thyme, and add the

WHAT'S LEFT IN THE LARDER

soaked crumbs. Butter a bread-tin or pudding-basin, press the mixture into this, and bake in a moderate oven for forty minutes. Serve hot.

POTTED MEATS

Remains of potted meats, whether fish or meat, are best used either

1. as a base, on buttered toast, for scrambled egg;
2. as a stuffing for hard-boiled eggs, hot or cold; or
3. mixed with a little breadcrumb, bound with an egg, spread rather thickly on buttered toast, and baked in the oven;
4. or this forcemeat used to stuff bacon rolls, which may then be grilled or baked and served on toasts.

Fish pastes will make little soufflés, if mixed with cream and egg.

RABBIT AND SWEET CORN

See CHICKEN AND SWEET CORN (page 25.)

RABBIT SALAD

See CHICKEN SALAD (page 28).

SARDINES

There may sometimes be two or three sardines in the larder which will look better when disguised.

MEAT

CIGARETTES. Mash them up, enclose them in little rolls of puff or other pastry and fry them in deep fat.

FISHCAKES. Mash them up with cooked potato, flour little cakes made of the mixture (or egg-and-breadcrumb them as well), and fry them in a little margarine.

SAUSAGES AND EGGS

Left-over sausages should be skinned and cut in very small dice. They can then be

1. warmed through carefully and mixed with scrambled egg.
2. put into shallow fire-proof dishes (one for each person) with an egg broken over, and baked in the oven until the egg is set.

SAUSAGES, COLD, FRIED

Peel and cut cold sausages into strips lengthwise, then egg-and-breadcrumb these, and fry them in deep fat. A good tip to make a pound of sausages go further, too!

SAUSAGES EN SURPRISE

For cold sausages or cold potatoes or both. Skin the sausages, cut them in half lengthwise and then in halves again across. Bind the mashed potato with beaten egg, and if you like add a little grated cheese. (This depends on whether it is for breakfast or some

WHAT'S LEFT IN THE LARDER

other meal.) Wrap a piece of sausage in some of the potato, and when cold, either egg-and-breadcrumb and fry, or brush over with a little milk or egg-yolk, and bake in the oven until the potato is golden.

SAVOURY YORKSHIRE PUDDING

An ordinary Yorkshire pudding may be made savoury in a number of ways, by the simple addition of mixed nuts or of cheese, or by a more elaborate mixture of, say, scraps of meat, lightly fried chopped onion, parsley, bits of cooked ham or bacon, and so on. Bake in the ordinary way, and if it is to stand as a course by itself, hand a nice thick gravy with it.

TOAD IN THE HOLE (*imitation*)

This is hardly fair to our old authentic friends, the sausage, steak or chop toads, but it is a poor relation! Put a layer of slices of cold beef or mutton in a greased shallow dish, and on them a layer of sliced skinned tomatoes (or tinned tomatoes). Pour your Yorkshire pudding batter over this, and bake for half an hour in a pretty quick oven. Cooked sausages sliced lengthways can be used here instead of the meat.

TONGUE, FRIED

Cut cold tongue in slices a third of an inch thick, season them, egg-and-breadcrumb them and fry them

MEAT

in a little butter or margarine. Serve with tomato sauce.

TONGUE TOAST

This is rather dull if quite plain. Chop the tongue, not too finely, season it with chopped parsley and a touch of cayenne, and when it is hot, mix in the yolk of an egg. When cooked, spread on buttered toasts which you have first lightly smeared with mustard.

TONGUE WITH MACARONI

Cold tongue may be diced and put into a buttered fireproof dish with grated cheese and macaroni in layers. Pour in some tomato sauce, cover with bread-crumbs, dot with butter or margarine, and bake until browned.

TRIPE À LA LYONNAISE

Cut cooked tripe in strips. Fry a sliced onion in a little fat or margarine until lightly golden, then add the slices of tripe and cook together for five minutes. Add a small dash of vinegar before serving, if you like.

TRIPE, CURRIED

Cold tripe-and-onions can be made more than palatable, if the sauce is warmed up with a seasoning of curry powder, and if you are wise a little tomato

WHAT'S LEFT IN THE LARDER

sauce, and the pieces of tripe warmed up in it. Hand plain, boiled rice.

TRIPLE, FRIED [1]

Cut the cooked and dried tripe in thin strips, egg-and-breadcrumb them, and fry them quickly. They are quite excellent.

TRIPLE, FRIED [2]

Instead of egg-and-breadcrumbing the strips, dip them in batter and fry them golden in deep fat. Tomato sauce.

TRIPLE SALAD

Strips of cold cooked tripe dressed with French dressing (oil, vinegar, salt and pepper) and maybe seasoned with a little chopped parsley and minced raw onion, make a surprising and excellent *hors d'oeuvre*. The same can be said for cold calf's head.

TURKEY, DEVILLED

Score the drumsticks or thighs of the bird deeply, and sprinkle into the cuts salt, pepper, a little lemon juice and some cayenne pepper or curry powder as you prefer. Leave them for an hour, and then grill or bake them. They can be served quite simply or

MEAT

with butter which you have pounded with lemon juice, a little chutney and cayenne pepper.

TURKEY STEW

See DUCK STEW (page 29), using turkey instead.

VEGETABLES

VEGETABLES

ASPARAGUS SALAD

Any cold asparagus may be served again as a salad, dressed either with an ordinary French dressing (salt, pepper, one part vinegar and two parts olive oil) or a cream dressing made in the same way with the substitution of lemon juice for vinegar and cream for the oil.

ASPARAGUS SAVOURY

Cold asparagus tips make an excellent savoury, if they are arranged on pieces of buttered toast, sprinkled with grated cheese, and then quickly browned in the oven or under the grill.

BAKED BEAN SOUP

Remains of a tin of Heinz's or other baked beans in tomato can be converted into soup thus. Put a breakfastcupful of the beans into a pint of cold water, with a bit of celery, a sprig of parsley, a small piece of bay leaf, a chopped onion fried in butter, and a seasoning of salt and pepper. Boil slowly for three-quarters of an hour. Thicken with a little flour when done, and rub through a sieve.

BAKED BEANS AND ONIONS

See ONIONS AND BAKED BEANS (page 53).

WHAT'S LEFT IN THE LARDER

BEANS, BROAD, SALAD

Provided that they are not covered with sauce, and have been skinned (though it is not too late to skin them when they are cold), they will make an excellent salad. Sprinkle them with a little finely chopped summer savory, if you can get it, or, failing that, parsley or very little thyme, and dress them quite simply with oil, vinegar, salt and pepper. Sprinkle at the last moment, if you like, with chopped yolk and white of hard-boiled egg.

BEAN (FRENCH OR RUNNER) SALAD

These beans when cold make excellent salads:—

1. Dress simply with oil, vinegar, salt and pepper.
2. Add a little finely minced raw onion.
3. Use a cream dressing instead.
4. Add cubes of beetroot and a little chopped anchovy fillets.
5. Or in the American fashion, mix with a little diced tart apple and chopped raw cabbage and dress with Mayonnaise sauce.

BEAN, HARICOT, CROQUETTES

Warm and mash your cold haricot beans (or butter beans), and mix with the purée a little chopped onion, salt, pepper and enough breadcrumbs to make it possible to shape the mixture into flat round cakes or balls. Egg-and-breadcrumb these, and fry them in very deep fat.

VEGETABLES

BEAN, HARICOT, SALAD

Cold haricot beans, butter beans, or *flageolets*, all make a good salad when cold. Simply dress them with a French dressing (oil, vinegar, salt and pepper), adding a little finely minced raw onion, and a final sprinkling of freshly chopped green parsley.

CABBAGE AND POTATO

This part of our old friend, Bubble and Squeak—the fried flat cake of cold potato and cabbage—is very greatly improved by the addition of an egg well beaten into it before frying.

CABBAGE AND POTATO CAKES

Here is another version of the above. Mix equal parts of cold cabbage and mashed potato with a little chopped onion and some melted margarine or butter. Shape the mixture into flat round cakes, and bake in the oven. Beaten egg could also be added here.

Brussels Sprouts could, of course, be used in either case in place of cabbage.

CABBAGE LEAVES, STUFFED

See LETTUCE LEAVES, STUFFED. Use Cabbage leaves instead, but they should first be blanched.

CABBAGE WITH SOUR CREAM

Boiled or steamed cabbage, well chopped up, makes a very good dish if put into a shallow fireproof

WHAT'S LEFT IN THE LARDER

dish, covered with sour cream and sprinkled with a little cheese, and then browned quickly in the oven.

CARROT CROQUETTES

See CAULIFLOWER CROQUETTES (below), using mashed carrot instead.

CARROTS, FRIED

Carrots left over with the boiled beef can be cut in half lengthwise, dipped in milk, then rolled in flour and browned quickly in a frying-pan or in deep fat.

CAULIFLOWER CROQUETTES

Mix cold finely mashed cauliflower (no leaves, of course,) with mashed potato, bind with an egg-yolk, shape the mixture into little cork-shaped pieces with floured hands, dip them in the lightly beaten egg-white and then in fine white breadcrumbs or finely crushed vermicelli, and fry them golden in deep hot fat. Use cauliflower to your taste, a good proportion being two-thirds cauliflower to one-third potato. Season with a little nutmeg, if you like.

CAULIFLOWER, FRIED [1]

Take large flowerets, egg-and-breadcrumb them, and fry them crisp in deep hot fat.

VEGETABLES

CAULIFLOWER, FRIED [2]

Put the flowerets into a buttered frying-pan with some buttered crumbs (see page 77), and fry gently until the crumbs and the cauliflower are both delicately coloured. Serve sprinkled with chopped parsley.

CAULIFLOWER FRITTERS

Season the pieces of cold cauliflower with salt, pepper and if you like a drop or two of lemon juice. Dip them in a good coating batter, and fry them golden. Tomato sauce, if you wish.

CAULIFLOWER SALAD

Dress the cold cauliflowerets either with a French dressing (oil, vinegar, salt and pepper) or a light creamy Mayonnaise sauce. Parsley-sprinkle in either case.

CELERY CROQUETTES

See CAULIFLOWER CROQUETTES (page 50), using cold braised or boiled celery instead.

CELERY, FRIED

Celery is better dipped in batter and fried than egg-and-breadcrumbed. The remains of boiled, braised or tinned celery should be used. Tomato sauce is specially applicable.

WHAT'S LEFT IN THE LARDER

CUCUMBER

Sometimes the half of a cucumber seems to linger over. Two suggestions for its use, peeled and with the middle part removed, are:—

1. as an addition to a curry, especially with prawns, and
2. cut in small cubes and stewed in butter as a garnish to fillets of sole or little trout fried *à la meunière* (that is, floured and fried golden in a little butter), or to thin *escalopes* of veal seasoned and fried quite plainly in butter or good margarine.

LEEK SALAD

Cold boiled leeks, provided they have not been sauced, make a good salad when cut in short lengths and dressed with oil, vinegar, salt and pepper.

LETTUCE LEAVES, STUFFED

Any left-over meat, prepared in the same way as for croquettes (but the mixture should be drier), can be used to roll up in the outside lettuce leaves which are not quite good enough for a salad. Tie them round with cotton when stuffed, brown them lightly in fat, and then cook them in gravy or stock covered with buttered paper.

MUSHROOM PEELINGS AND STALKS

These should never be thrown away. The former, if clean, can be used to flavour stocks and sauces,

VEGETABLES

while the latter, chopped up, can be used in a *panada* (see page 9), or in a simple mushroom soup which is made by cooking the chopped stalks in a well-flavoured white stock (chicken carcass) for some time, and then thickening it with butter and flour.

MUSHROOMS WITH SOUR CREAM

This is really an excellent dish. Peel a pound of mushrooms, and brown them lightly in a little butter or margarine. Put them into a shallow fireproof dish, cover them with sour cream, and then sprinkle with grated cheese. Bake in a moderate oven until the top is browned.

ONIONS AND BAKED BEANS

Parboil the onions, remove the middles, and fill them with left-over baked beans. Put half a thickish rasher of bacon on top of each onion, and bake until the bacon is done, and the onion too.

ONIONS, STUFFED

Large onions may be stuffed with most kinds of left-over meats, using the *panada* described on page 9. The onions should first be parboiled, and have their centres removed. This centre pulp may be chopped and added to the meat stuffing if desired. When the onions are stuffed, they should be put into a greased fireproof dish, and baked until they are done. They can be covered with a brown or white

WHAT'S LEFT IN THE LARDER

sauce, if you like, and in the latter case grated cheese may be added, and browned at the last.

PARSNIP CROQUETTES

See CAULIFLOWER CROQUETTES (page 50), using mashed cooked parsnip instead.

PARSNIP FRITTERS

Cut cold parsnips into half-inch rings, dip them in frying batter, and fry golden in deep hot fat. Use as a garnish to a grill.

PARSNIPS, FRIED [1]

Warm up and mash some cold boiled parsnips, mix them with an equal amount of mashed potato and with a beaten egg, and drop in spoonfuls in hot fat.

PARSNIPS, FRIED [2]

Cut the cold parsnips into smallish cubes, and brown them in a frying-pan with a little margarine or butter. You can add a little chopped sweet red pepper (*pimento*) if you like the taste.

PEA, GREEN, SALAD

Cold green peas make a very pleasant salad if they are dressed with a mixture of salt, pepper, one part lemon juice and two parts cream. A little chopped chives can advantageously be added.

VEGETABLES

PEASE PUDDING [1]

Cold pease pudding, whether made with fresh or dried peas, will be found quite good if cut in slices, floured, and fried in a little fat until golden on each side.

PEASE PUDDING [2]

An old writer says: 'if any of the Pease Pudding is left use it to thicken and flavour broth.' It is true that a kind of pea soup may thus be obtained, and quite good too; but you must be terribly careful of lumps!

POTATO AND CABBAGE

See CABBAGE AND POTATO and CABBAGE AND POTATO-CAKES (page 49).

POTATO AND CHEESE FRITTERS

Warm up the mashed potato, add a little more margarine or butter perhaps if it seems very dry, season to your taste with grated cheese, bind with beaten egg, and either drop in spoonfuls on deep hot fat, or egg-and-breadcrumb in balls and fry in the same way.

POTATO CHEESE BALLS

Measure two breakfastcupfuls of cold mashed potato, and mix well with this half a teacupful of

WHAT'S LEFT IN THE LARDER

grated cheese, a beaten egg, two tablespoonfuls of melted margarine and a seasoning of salt, pepper and chopped parsley. Shape into balls, egg-and-breadcrumb them, and fry them in deep fat.

POTATO SALAD

Cut cold waxy potatoes into round slices, and dress them with two-thirds olive oil, one-third vinegar and a seasoning of salt and pepper, and when well tossed in the salad bowl, sprinkle with chopped parsley and chives, or the green part of young spring onions. Failing this, use parsley and *very* finely minced raw onion.

POTATOES

An unusual and quite pleasant way of disposing of cold boiled potatoes, provided that they are fairly waxy, is to cut them in dice and fry these quickly in deep hot fat. Serve sprinkled with chopped parsley.

POTATOES, CURRIED

This late nineteenth-century recipe makes no mention of curry powder, but the effect in 'hotness' is the same. Cut up some cold boiled potatoes, and fry a sliced onion in a little butter (or margarine) in a frying-pan. Add the potatoes with a little salt, dust them with cayenne or Nepaul pepper, moisten with a little stock and the juice of half a lemon. Shake the pan well over the fire, and let it stew for fifteen minutes. Serve as hot as possible.

VEGETABLES

POTATOES, LYONNAISE

Cut cold potatoes in slices and fry a sliced onion in butter or margarine until it just begins to brown. Then add the potatoes and toss over the fire for a few minutes. Serve sprinkled with chopped parsley. This is, of course, only an oniony version of the famous, and so much abused, sauté potato.

POTATOES WITH TOMATO PURÉE

Some of this may be over occasionally: it can be useful in helping to dress up some mashed potato. Put a layer of well-mashed potatoes into a buttered shallow fireproof dish. Cover this with some thick tomato purée, sprinkle with breadcrumbs and melted butter or margarine and brown *quickly* in the oven. As this dish comes from Provence, those who like garlic might smear the dish with a cut clove of it before buttering.

POTATOES, FRIED (*whole*)

Cold smallish old potatoes, so long as they are whole, can be fried in deep hot fat quite pleasantly. The effect is neither of a roast potato nor yet a fried one. Serve them sprinkled with chopped parsley and, if you can, chopped chives (or the green part of very young spring onion) as well.

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SEAKALE SALAD

Cold seakale may be served as a salad or an *hors d'oeuvre*, sprinkled with a few drops of tarragon vinegar and with a jug of cream handed with it.

It may also be dressed either with a creamy Mayonnaise sauce or a cream dressing of one part lemon juice, two parts cream, salt and pepper.

SPINACH (*Eggs or Fish à la Florentine*)

If you have only a little spinach left over, it can be used in this very pleasant dish. Poach the eggs, or poach the fish in the oven. Then lay on a bed of the spinach, cover the egg or fish with cheese sauce, and brown very quickly under the grill.

SPINACH CROQUETTES

See CAULIFLOWER CROQUETTES (page 50), using cold spinach purée instead. In this case a little grated cheese may also be added, if liked.

SPINACH PANCAKES

Cold spinach purée can be mixed with an equal amount of pancake batter, and either fried like ordinary pancakes or baked in little moulds in the oven. Serve with melted butter or good margarine and grated cheese.

VEGETABLES

SPINACH SUBRICS

Chop up some cooked spinach (better *en branches* than in a purée), cook it in a little butter or good margarine until fairly dry, then mix it with a few spoonfuls of white sauce. Season well with salt, pepper and nutmeg, and stir into it off the fire, yolk of egg in the proportion of two yolks for each pound of spinach. Now melt a piece of butter or margarine in a heavy frying-pan, put in spoonfuls of the mixture, keeping them separate, and brown on each side. Arrange them as done on a dish, and serve them sprinkled with grated cheese.

SWEDE CROQUETTES

See CAULIFLOWER CROQUETTES (page 50), using mashed swede instead.

SWEDES, FRIED

If you should by chance have some cold boiled swedes over, follow the pleasant Scandinavian custom of cutting them into slices and frying them golden in shallow fat. Serve as a garnish to lamb or mutton, or sprinkle with cheese, brown in the oven, and eat as a separate course.

SWEET CORN FRITTERS

The remains of a tin of sweet corn will make good fritters to eat with chicken, or by themselves. Beat

WHAT'S LEFT IN THE LARDER

up an egg, add a gill of milk, a tablespoonful of melted butter or margarine, and enough flour sieved with a little salt and half a teaspoonful of Borwick's baking powder to make a thin batter. Stir into this a breakfastcupful of the corn, and beat together until the mixture is light. Grease a heavy frying-pan in the same way as you would if you were frying pancakes, drop spoonfuls of the mixture into it, and brown the fritters on both sides.

These, if sprinkled with sugar, may be served as a sweet.

TURNIP CROQUETTES

See CAULIFLOWER CROQUETTES (page 50), using mashed turnips instead.

TURNIPS, FRIED

See SWEDES, FRIED (page 59), using turnip instead.

TURNIPS WITH CHEESE

1. Treat in the same way as POTATO AND CHEESE FRITTERS (page 55), substituting mashed turnip for potato, or

2. dice the cold turnip, put the dice into a greased dish, sprinkle them with cheese, dot with butter, cover with a thick white sauce and then with cheese and breadcrumbs, half and half, and bake in the oven until the top is browned.

VEGETABLES

VEGETABLE MARROW, FRIED

Cold vegetable marrow may also be cut in pieces, floured and fried golden on each side in margarine, and served sprinkled with grated cheese or with very fine onion rings which have also been fried crisp and golden. Paprika pepper is indicated here.

VEGETABLE MARROW SAVOURY

Cold vegetable marrow, disembarrassed of its sauce (if any) and cut in pieces, may be put into a shallow fireproof dish, each layer being sprinkled with grated cheese, and the top layer of grated cheese and bread-crumbs. Dot with margarine and bake quickly until the top is brown.

SWEETS

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SWEETS

APPLE CHARLOTTE

Line your mould, bottom and sides, with thin slices of crustless bread and butter, and spread them as thickly as you can with golden syrup. Now fill the mould with alternate layers of thickish apple purée (left-over apple sauce would do as well) and of fine white breadcrumbs. Let the breadcrumbs be the last layer, dot with a little more butter, and bake until the top is brown. The golden syrup is the secret here, and opens up possibilities of exploring the merits of maple syrup or corn syrup instead. Thick Devonshire cream is really needed to complete a moment of pure gastronomic bliss!

APPLE-SAUCE PIE

Sometimes, after pork, duck or goose, there may be some apple sauce over. Try making this pie with it. Sweeten quarter of a pint of it to taste, add a pinch of salt, three teaspoonfuls of melted butter and a grating of nutmeg, and mix this with a custard mixture made with an egg, half a pint of milk and the finely chopped rind of half a lemon. Bake in a pastry-lined plate, criss-crossed with pastry strips.

BONDE PIGE

An excellent Scandinavian sweet. Crumble up, not too finely, some stale brown bread, spread it on a baking-tin, and bake it in the oven with some butter or unsalted margarine and a little sugar sifted over

WHAT'S LEFT IN THE LARDER

it. Stir it now and then to separate the crumbs, and see that it does not burn. While it is still hot, spread a layer in a dish, cover it with thick apple purée (perhaps some left-over apple sauce), then with raspberry jam and then more crumbs. Repeat these layers until the dish is full, and when the sweet is cold, serve covered with sweetened whipped cream.

BREAD PUDDING (*white*)

To use up stale white bread try this Victorian recipe. Mix together, with a little milk, half a pound of breadcrumbs, a tablespoonful of flour, a quarter of a pound of finely minced beef suet, two whole eggs, two ounces of currants, a tablespoonful of moist sugar, a little chopped lemon peel and a very little nutmeg. Steam in a buttered mould for two hours.

BREAD PUDDING (*brown*)

The same author gives the following: half a pound of brown breadcrumbs, of currants and of sugar, six ounces of powdered suet, five eggs and a gill of brandy. Cutting this down by at least half, we might find an excuse for raiding the A.R.P. cabinet for the last ingredient!

CAKE CRUMB PUDDING

Cook four tablespoonfuls of stale cake-crumbs (sponge or Madeira cake) in a pint of milk until well swollen, then cool and add a beaten egg, and

SWEETS

four tablespoonfuls of cream, adding a flavouring of vanilla or some other if preferred. Bake this pudding in a slowish oven, and serve with a suitable sauce.

CHERRY BETTY

This is another American recipe. Stone three tablespoonfuls of cherries and mix them with a breakfastcupful of sugar. Have ready two and a half breakfastcupfuls of breadcrumbs, butter a baking-dish, and fill it with alternate layers of breadcrumbs and cherries, adding two tablespoonfuls of melted butter on the crumbs. Finish with a layer of crumbs, dot with butter, cover the dish and bake until the cherries are done. Then take off the lid, and brown the top.

CHOCOLATE MOUSSE

Egg-whites can be used up by whisking them stiffly, and adding fine castor sugar and chocolate powder, to make a simple chocolate mousse.

COFFEE, COLD

Do not forget that cold coffee can be used, if black, to flavour *petits pots de crème* (see page 70), or a custard if black or white. Some friends of ours used to make a super-sweet by making a sort of trifle simply with slices of stale Fuller's walnut cake covered with a coffee-flavoured custard. And, like all wise people, they always added a touch of chocolate

WHAT'S LEFT IN THE LARDER

to their coffee-flavour, just as they would a touch of coffee to a flavouring of chocolate.

CHOCOLATE, COLD

can be used in the same way as coffee, above.

CROÛTES AUX FRUITS

A way of using up stale bread or plain cake, and of making a dish of fruit go farther as well, is to cut the bread or cake into squares, oblongs or triangles, dip them in sweetened and vanilla-flavoured milk, drain them on a wire tray, and then fry them in butter or unsalted margarine. When they are ready, sprinkle one side fairly lavishly with fine sugar, and put the *croûtes* in the oven for the sugar to caramelize. When cold use them either to garnish a dish of stewed or tinned fruit, or themselves garnished with fruit.

CUSTARD FOOLS

Do not forget that almost any left-over stewed fruit, so long as it is 'mashable', will make a good fruit fool when mixed with ordinary custard.

DATE CUSTARD TART

Left-over stewed dates make this delicious tart. Rub a third of a pound of the dates through a sieve, and add a pint of scalded milk. Beat in two eggs, and season with a little nutmeg and a quarter of a

SWEETS

teaspoonful of salt. Pour this mixture into two medium-sized cooked pastry flan-cases, and bake until the custard is set.

FRUIT FRITTERS

Tinned fruits like peaches and apricots always look a little shop-soiled in the larder. The simplest way of serving them again is to dry the halves nicely, dip them in frying-batter and fry them golden, to serve sprinkled with icing sugar.

MACARONI CROQUETTES

Cold macaroni pudding can be resuscitated in this way. Cut the macaroni into small bits, mix it with the sauce, bind with beaten egg, spread the mixture on a plate, and let it get cold. Then shape into croquettes, egg-and-breadcrumb them and fry them golden. Serve if you like with hot jam.

MARMALADE, THE END OF THE JAR

The last few spoonfuls of marmalade sometimes get in the way, when you want the pot for something else. Make an open tart, and fill it with a mixture of marmalade, two yolks of egg and the stiffly whisked whites. Bake in a moderate oven until the pastry is done.

PAIN PERDU

Cut some half-inch thick slices of stale bread, take off the crusts, and dip the slices in milk flavoured

WHAT'S LEFT IN THE LARDER

with vanilla and sweetened. Drain them on a wire tray, and then dip them in slightly sugared beaten egg. Fry golden on both sides in butter or good unsalted margarine, and serve them powdered with sugar or accompanied by a sweet sauce or hot jam.

POTS DE CRÈME

This recipe is for chocolate-flavoured ones, but of course any desired flavour can be used. They presuppose the need for using up egg-yolks, or wanting egg-whites for some other purpose. An egg-white or two may be included with the yolks, but the texture of the cream will not be so good. Nearly fill eight little earthenware pots with milk, and pour this into a saucepan with three ounces of castor sugar, and about four ounces of grated chocolate. Bring to the boil, and let it get cold. Now add the beaten yolks of six eggs, pass through a fine sieve, and fill up the pots. Bake these slowly and carefully in the oven, as you would any custard, in a dish of hot water, covering them with buttered paper. When they are set, take them out at once and let them get cold.

PRUNE FOOL

See CUSTARD FOOLS (page 68).

PRUNE WHIP

It is sometimes a little difficult to eat stewed prunes for a second time, but quite an excellent little dish

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can be made with them in this way. If you have a teacupful left over, take out the stones and chop the fruit up. Now whisk two egg-whites stiffly, add two ounces of sugar, whipping well, and finally adding to the prunes. Put this mixture into a fireproof dish and bake in a moderate oven for ten minutes. Make a custard with the egg-yolks to serve with it. It may be eaten hot or cold.

RICE CROQUETTES

Cold cream of rice may be cut into convenient pieces, egg-and-breadcrumbed and fried. They are generally served with apricot jam sauce.

RICE PUDDING, COLD

With half a pint of cold rice pudding beat up a whole egg, mixing well together; add a little more sugar and enough flour to make the mixture the same consistence as pancake batter. Melt a very little margarine or lard in a frying-pan, and put in as much of the mixture as will make a pancake about the size of a small saucer. Cook the pancakes, and serve with hot jam.

ROXBURY PUDDING

Here is an American way of using up egg-whites and enjoying a really light and delicious pudding. For 'cup' read 'breakfastcup' in the following. Cream half a cup of butter (or good unsalted margarine)

WHAT'S LEFT IN THE LARDER

and beat in a cup of castor sugar. Add half a cup of milk, two and a half cups of flour sieved with three and a half teaspoonfuls of Borwick's baking powder and a small pinch of salt, and then four stiffly-beaten egg-whites. Steam for an hour, and serve covered with a chocolate sauce. Ample for six at their greediest.

SEMOLINA CROQUETTES

See RICE CROQUETTES (page 71), substituting cold semolina pudding.

TRIFLES WITH CAKE

Stale coffee, chocolate and walnut cakes make specially delicious trifles; all the more if a coffee custard is used with the chocolate cake and a chocolate custard with the coffee. Coffee custard with the walnut cake is to be recommended.



MISCELLANEOUS



MISCELLANEOUS

BREAD SAUCE AND POTATOES

Left-over bread sauce makes this good dish of potatoes. Warm the sauce up and spread a thinnish layer of it in the bottom of a lightly-buttered fire-proof dish, and on this arrange a layer of sliced parboiled potatoes, which should be waxy if possible. Repeat these layers, sprinkling each with salt, pepper and grated nutmeg. Sprinkle the top with browned breadcrumbs, and bake for half an hour in a slow oven.

CHEESE BALLS

To the stiffly-whisked whites of four eggs, add by degrees, whipping all the time, six ounces of finely grated Gruyère cheese. Shape into little balls, roll them in breadcrumbs and fry quickly in deep fat.

CHEESE BREAD

Beat up an egg in a little milk, and season with salt and pepper. Cut some crustless slices of stale bread, and let them soak in this mixture. Let them drain on a wire tray, and then sandwich a thin slice of Gruyère or other suitable white cheese between them and fry them golden on each side in a little butter or margarine, and serve at once.

WHAT'S LEFT IN THE LARDER

CHEESE, POTTED

Good bits of dry cheese can be revived in this way. Mix together over a negligible heat half a pound of cheese pieces (no rind or dubious bits, of course), two ounces of margarine and a dessertspoonful of made mustard, English or French. Put this into little pots, and when cold, cover with clarified margarine or lard. These will keep for several weeks in a cool place and are useful for sandwiches and other purposes. A little sherry or port may be used to soften the mixture, in which case it is simply pounded in a mortar and not heated at all.

CHEESE SANDWICHES, HOT

Make some rounds of buttered crustless toast, sandwich with grated cheese between them, and bake in the oven until the cheese is melted.

CHEESE STRAWS

Here is a good way of using up pastry (preferably puff) trimmings. Roll out the paste and cut it in strips about three inches long by an inch and a half wide. Cut some strips of Gruyère or Cheddar cheese just a little smaller than the pastry strips, lay one on each strip, moisten with water or white of egg, and roll the paste over. Brush with milk or gild with beaten egg, and either bake in a hot oven for ten minutes or fry them in deep fat.

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CRUMBS, BUTTERED

Stale white bread can be turned into buttered crumbs, by melting butter or fresh margarine in a frying pan, and stirring in the crumbs until they are 'buttered' all over, but not browned. These can be used for covering any dish which would normally be sprinkled with breadcrumbs and dotted with butter, but they may also be used as an addition to vegetable dishes such as cabbage and cauliflower and so on, being browned quickly after they are sprinkled over. The proportion of butter to crumbs is four tablespoonfuls of butter to a breakfastcupful of crumbs.

EGG-WHITES FOR FRYING

Left-over egg-whites can be beaten up and used for coating fish when egg-and-breadcrumbing.

They can also be used for 'French-fried' onions, the onion rings being best swiftly dipped first in flour, then in beaten egg-white and then in flour before frying in very hot fat.

EGGS IN MASHED POTATO

Cold mashed potato can be used for breakfast in this way; for those who find it too rich when fried up in the bacon fat. Put a bed of the potato into a *coquille* or small shallow dish, make a depression in it, break in an egg, and bake until the egg is set.

WHAT'S LEFT IN THE LARDER

Serve alone or with grilled bacon. Some like to bake a thin piece of rasher over the top of the egg.

FROMAGE BLANC

A familiar sweet to travellers on the Continent. Turn a quart of thick sour milk into a cheese-cloth or piece of butter muslin, and when the liquid has run through, tie the corners together, hang the cloth up, and let the whey drip for several hours. Then put the curd into a basin, and beat it until it is like thick Devonshire cream and quite smooth. Add two yolks of egg, beat them in, sweeten with sugar and serve in a large bowl.

MACARONI CHEESE CROQUETTES

See MACARONI CROQUETTES (page 69), and proceed in the same way.

MAYONNAISE WITH SOUR CREAM

The dilution of Mayonnaise sauce with sour cream is worth trying, not only because it tastes rather nice, but also because it uses up the sour cream and makes the Mayonnaise sauce go farther.

PASTRY TRIMMINGS

Pastry trimmings can be used:—

1. to make little *fleurons* for garnishing various dishes.

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2. to make Cheese Straws (see page 76).
3. to make anchovy or kipper twists, the pastry being cut in strips, a strip of anchovy or kipper fillet laid on each, and both twisted round like a piece of barley sugar, and baked in the oven until the pastry is done.

RICE AND EGG PIE

Warm up some cold plain rice, by adding a little stock, and season it with chopped fried onion. Put a layer of this in a greased pie-dish, then a layer of freshly made scrambled egg, more rice and more egg. Bake in a hot oven for a quarter of an hour.

RICE, COLD, CURRIED

Left-over plainly boiled rice can be served curried by

1. mixing it with a rather creamy cold curry sauce (see page 11) or
2. mixing it with a Mayonnaise sauce flavoured with curry powder, this being mixed with the egg before the olive oil is added.

Cold rice may also, of course, be added as a garnish to a suitable soup, e.g. vegetable, chicken, mulligatawny, fish, etc.

See also FISH AND CURRIED RICE (page 15).

WHAT'S LEFT IN THE LARDER

SANDWICHES, FRIED

Any potted meat sandwiches left over can be quickly fried on each side in margarine or butter, and used as a savoury. But they must be fried in very hot fat, and quickly, before the potted meat has time to melt and exude.

SAUCES, LEFT-OVER

Delicious little savouries or first course dishes can be made with the following left-over sauces:—

ANCHOVY, CHEESE or CURRY.

Warm up the sauce again, and beat in a whole egg for each half a gill of sauce. This amount will make two portions. Have ready some greased little earthenware cocottes (single portions), pour the mixture into them, and bake in a moderate oven for about five minutes or so, until the little soufflés have risen and browned slightly on top. Serve *immediately*, before they have time to sink.

The anchovy sauce may be improved by the addition of a little grated cheese, according to taste.

SCONES, IRISH

Rub a quarter of a pound of lard into a pound of flour sieved with a full dessertspoonful of Borwick's
80

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baking powder and a little salt. Then mix with a little sour milk. Roll out and cut into rounds with a small tin or tumbler, and bake in the oven until risen and done. Split and butter while hot, put them back for a minute into the oven, and serve. Delicious for tea. This quantity should make two dozen small cakes.

SOUP, ECONOMICAL

The French can always make something out of next to nothing in the kitchen. Spare breadcrumbs will make this soup. Chop a small onion very finely and cook it until soft in a pint and a half of stock, or even water, with a breakfastcupful of white breadcrumbs. Sieve it then, bring to the boil again, and season. Add to it, off the boil, the yolk of an egg beaten in a gill of milk. Do not boil after this. Simply serve sprinkled with grated cheese.

SOUP, JELLIED

Soup made from the carcasses of chickens or a turkey will make excellent jellied soup if, after it is cooked, it is well strained (it need not be cleared) and then reduced by quick boiling to about a third. It will be found to set when cold, and will be just right for cold soup in summer-time, being, as it should be, not too firm, and just set enough to melt in the mouth. A little wine, like Madeira or sherry,

WHAT'S LEFT IN THE LARDER

may be added *after it has reduced*, and before it gets cold enough to set.

SOUR CREAM SALAD DRESSING

Devotees of Hungarian cooking will have plenty of uses for the cream if it goes sour. Others who do not like that admirable cooking may perhaps find this salad dressing more to their taste.

Mix together a teaspoonful of sugar, and half a teaspoonful each of salt and mustard flour. Now add three teaspoonfuls of lemon-juice and three dessert-spoonfuls of vinegar. Whip up half a pint of sour cream, and when it begins to thicken, add the mixture by degrees and whisk together until well mixed and the dressing is the right consistence. Keep it in a cool place until wanted.

SOUR MILK FRITTERS

Mix together half a pound of flour sieved with a level teaspoonful of Borwick's baking powder and a pinch of salt, and half a pint of sour milk. When the batter is smooth, fry tablespoonfuls of it in hot fat. A good accompaniment to some sausages, for example, in which case the fat from the sausages could be used for frying the fritters.

SPAGHETTI CROQUETTES

See MACARONI CROQUETTES (page 69).

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TOAST

Left-over toast can be used in an apple charlotte in place of the usual bread-and-butter. It should, of course, be buttered too.

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